

slow cooker french dip SANDWICHES

What You'll Need:

2 1/2 lbs beef chuck roast (pot roast)
1 (14.5 oz) can beef broth
1/4 cup low sodium soy sauce (or regular but go easy on the salt)
1 1/2 tbsp worcestershire sauce
1 tbsp honey
1 tsp liquid smoke
salt and pepper to taste
1-2 cloves of garlic
Hoagie Buns
Sliced Cheese (we like provolone or muenster)

- 1) Trim the fat off the roast. Wash and pat dry. Place in bottom of slow cooker.
- 2) In a mixing bowl whisk ingredients together (minus the buns and cheese of course)
- 3) Pour mixture over roast. Cover slow cooker and cook on low for 8-10 hours (preferred) or high 6-8 hours.
- 4) Shred meat with two forks and sliced hoagies with meat and cheese. Broil until the cheese is melted yum. Is there anything better than melted cheese?

*drain a little juice and add to a ramekin if desired for dipping